

Health 1/23/19

EQ: What nutrition facts are important when looking at breakfast cereal?

CW: Cereal Comparisons

HW: Nutrition Word Search

Turn in Nutrition Cross Word

Agenda

1. Mindfulness Writing Prompt
2. Carbohydrates and Food Advertisement
3. Cereal Comparisons

Class Expectations

1. Listen and follow directions
2. Raise your hand before speaking or leaving your seat
3. Keep hands, feet and objects to yourself
4. Respect your classmates and teacher

Open Ended Question

**Write for three minutes without stopping: Could you ever be a vegetarian?
Why or why not? If you are a vegetarian, why?**



Whole Grain Ad Campaign

- ◆ **Create a mini-poster to “sell” a whole grain**
- ◆ **Should include vitamin, mineral and fiber content of your grain**
- ◆ **Create a catchy slogan or campaign promise**
- ◆ **Be creative – We will share these**
- ◆ **Finished? Begin HW**

Stand, Share, Sit

1. Everyone stands
2. Take turns sharing your advertisement and information
3. Sit down after sharing

Good carbs are also referred to as complex carbohydrates. Their chemical structure and fibers require our bodies to work harder to digest, and energy is released over a longer time.

For the most part, good carbs are in their 'natural' state – or very close to it (including whole-grain breads, cereals and pastas).



Whole Grain Breads



Bran Cereals



Green Vegetables



Fresh Fruits

WHY ARE THEY GOOD?

- 👍 HIGH IN FIBER & NUTRIENTS
- 👍 LOW GLYCEMIC INDEX (SEE BELOW)
- 👍 HELP YOU FEEL FULL WITH FEWER CALORIES
- 👍 NATURALLY STIMULATES METABOLISM

Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.

Bad carbs are generally 'processed' carb foods that have been stripped of their natural nutrients and fiber to make them more 'consumer friendly.'



Candy & Desserts



Sugared Cereals



Sodas & Sugary Drinks



Refined Breads

WHY ARE THEY BAD?

- 👎 LOW IN FIBER & NUTRIENTS
- 👎 HIGH GLYCEMIC INDEX (SEE BELOW)
- 👎 EMPTY CALORIES CONVERTED TO FAT
- 👎 HIGH BLOOD GLUCOSE LEVELS = FEEL TIRED



Sign up to join the fight for safer, healthier food

Email address SUBMIT

Eating Healthy

Protecting Our Health

What You Can Do



SHARE THIS



TIP

Five things to check before you buy breakfast cereal



Our tips for finding the healthiest cereals

December 5, 2016

<https://cspinet.org/tip/five-things-check-you-buy-breakfast-cereal>



Name _____ Date _____

Cereal Name	Whole grain is the first ingredient? (Yes or No)	Serving Size	Total Fiber per serving or per gram	2 or more grams of fiber? (Yes or No)	Total grams of sugar per serving?	Less than 7 grams of sugar? (Yes or No)



<https://www.youtube.com/embed/X3goPrQKE20>

What did you learn from today's activity and the breakfast



Collaborate!

What did you learn from today's activity and the breakfast